

# THE TIMES DAILY MAGAZINE PAGE

## Quaint Pilgrim Hats With Quaker Frocks Contribute To Fashion Folly of 1915

Velvet Resumes Its Vogue and Sheer Silks For Fall Promise to Replace Summer Furs—Wasp-like Waist Likely to Return.

By MARGARET MASON.

And now some Pilgrim's Progress Has been made in modern style. Since Hattie wears a Pilgrim hat. It's good for quite a smile.

NEW YORK, July 29.—Have you seen the quaint Pilgrim hats that all the dear girls are wearing? They are nothing more nor less than replicas of the chapeau John Alden wore when he wooed the fair Priscilla. Broad of brim, with a high cone-shaped crown that is flattened off before it attains to a perfect peak, they are certainly a distinct novelty when perched on a perky 1915 head.

How often has the modern maid cast aside right earnestly the hat which she declared looked as if it had come out of the Ark. And yet here she is exuberantly pleased to flaunt a hat that came over in the Mayflower. The only difference between the 1915 Pilgrim hats and the original models is the material in which they are developed.

John Alden, Miles Standish, and the old boys ran to felt, whereas the new maids wear their Pilgrim headgear done in taffeta, perfectly black. A single white silk cord knotted around the base of the crown is the only adornment.

From Pilgrim designs to Quaker models is but a step and it is no anachronism for a girl to wear her Pilgrim hat to top off a Quaker gray taffeta frock, tight bodice and adorned with the sheer white Quaker collars and cuffs. Indeed the popularity of the lovely Quaker cuffs and collars seems no whit on the wane.

They are becoming to almost all types of pulchritude and immediately stamp their wearers in the eyes of mere mortals as most desirable "Friends." Very truly it is most meet that these should address your better half as "Friend Wife" these days of picturesque Quaker-like fashions. But, oh, wouldn't all the Pilgrim fathers and Godly Quakers writhle with rage, could they but know that they who despised all worldly pomp and vanity have so generously contributed to the fashionable follies of 1915.

All indications are that when the first

cool days of autumn arrive milder will cast aside her hot weather white fox fur coat and don a costume of sheer silk mousseline. Thin fabrics are to be all the go for the fall, so get out your chiffons, veils and gauzes and such, and prepare to lay off your furs till next summer.

Velvet hats are getting thick as peas not only on the way figures that fascinate meltingly out of smart Fifth Avenue shop windows these scorching days, but on real live figures on the outside looking in. Most of the new velvet shapes are broad of brim and flat of crown and simply adorned with a bit of gaura, a child's wing or a quaint ribbon bow. They are usually of black velvet, although many striking models are shown in a bright royal purple and a few in a deep almost black brown, a shade or so darker than last season's popular tete de nigre.

One safe and sane note is being sounded for fall footwear. It promises to be a season of sane shoes. Back and side lacings are to be put in their proper place and the rainbow effects of colored kid are looking forward to black days. Won't your poor bedazzled feet be surprised and glad to be laced once more in neat but not gaudy black kid shoes and boots laced or buttoned discreetly up the front again? Indeed our understandings have been kindled extensively this summer and it seems almost time they were receiving a little serious consideration.

Take a long breath and then pull your corset strings and tie 'em tight. The wasp waist is really and truly going to appear in our midst this fall. Naturally it would appear in our midst if it appeared at all, but then we are so used to these things appearing and vanishing that we should not be surprised if a wasp waist should alight on our shoulders. It is a new corset, a new model, a new design, a new shape, a new health, a new preparation for the future in the immediate approach of an eighteen-inch waist measure.

Thus you have a resume of the startling changes affecting our heads, our feet and our midsts that this fall we feel heir to.

## Black Charmeuse Afternoon Frock Reflects Less Daring French Modes



Georgette Design Shows Simple Trimmings—Michel Suggests More Extreme Style Combining Taffeta and Linon.

PARIS frocks have their advantages. To be sure, the common or garden American maid may not have the assurance that helps the Parisienne to wear extreme styles and wear them well, yet she likes to think that there is a hint of Paris in her attire. It is the delight of the clever dressmaker to adopt French fashions to American needs and the new fall styles are full of suggestions to her.

Of course, by this time it has become evident that a majority of the foreign fashions have been designed for development in various dark materials. Over mourning is prevalent among the women of Europe. The modes are less daring and an air of meekness about many of them indicates the effect of the war in doing away with gaiety of mood.

Trimmings have lost the lavishness of previous seasons and variety will be gained by contrast of materials and by sheer collars and cuffs and bands rather than by contrast of color.

Designed By Georgette. An exquisitely simple afternoon frock has been designed by Georgette of Paris, the very person for whom was named the lovely crepe that is still popular. The gown is of black charmeuse, a material whose suppleness is used to full advantage. The skirt is full and slightly gathered with half a dozen rows of shirring at the center front and back. The bodice is of a contrasting material, a three-quarter length of Georgette crepe in narrow accordion pleats. The ruffles are repeated on

the lower portion of the skirt below the knees. The waist is simply made, with a row of the accordion pleating applied at both sides, however, giving the effect of an eon jacket, further accented by a row of buttons at the base of the waist. Other bands of pleating hold down the upper caps of the sleeves, which are long, and finished with loose, deep cuffs. A tiny white frill finishes the neck, and a narrow band of the same material is slipped through eyelets in the cuffs.

Taffeta and Linon.

A more extreme style combines taffeta and linon, the latter designed by the creator of the model, Michel of Paris. There is an over-bodice of the taffeta gathered on straps over the shoulders and very full. This fullness is gathered in at the waist, however, but creases up again in a series of narrow pleatings below the waistline. Taffeta is also used in the deep cuffs with ruffled and pink-

## Question Box

Times Question Box: Can you tell me the names of the "seven wonders of the world?" MRS. A. G.

The seven wonders of the ancient world were the Colossus of Rhodes, the Pharos of Alexandria, the Pyramids of Egypt, the Hanging Gardens of Babylon, the Temple of Diana at Ephesus, the Statue of Jupiter at Olympia, and the Tomb of Mausolus. These are usually meant when reference is made to the "seven wonders." In addition, however, lists have been compiled of the seven wonders of middle ages and of the modern world. The wonders of the middle ages were the Colosseum of Rome, the Catacombs of Alexandria, the Great Wall of China, Stonehenge, the Leaning Tower of Pisa, the Porcelain Tower of Nanjing, and the Mosque of St. Sophia at Constantinople.

The modern world list includes the Great Wall of China, the Eiffel Tower, the Statue of Liberty, the Great Pyramids, the Sphinx, the Colosseum, the Great Wall of China, and the Great Wall of China.

Practical Bathing Suit of French Design in White Satin Is Adaptable to Mohair or Other Standard Material.

edges. The sleeves and most of the underbust are of linon with conventional floral stripes. A collar high at the back and open at the throat is fastened under the chin with a strap of velvet.

The vogue of the skirt is of the linon, the remainder being of taffeta applied in two deep ruffles with the upper edge in large pinked scalloping. The lower edge is another band of inch-wide knife pleating. Perhaps it is too early to be discussing fall materials and fall fashions, when every indication points to the fact that our summer has just begun, and it is a comfort to know that Paris has not advanced the season so thoroughly that she forgets to design a bathing suit for two. One model, gorgeous in its original conception, but made on eminently practical lines for reproduction in every day materials, has recently been sent to this country by Halle, of Paris.

With White Bloomers.

The original was of white satin, with a full skirt just short enough to show the white bloomers. The waist was in kimono style, with sleeves set in deep along the shoulder line. There is a broad, full collar falling in deep points over the shoulders and nearly reaching to the edge of the short sleeves. The collar itself is heavily embroidered in blue. A wide blue sash is knotted at the back, and many of the seams are piped with blue.

With this are worn white satin bathing shoes with blue ribbons, white silk hose, and a white silk bathing cap with a saucy ornament of blue.

The entire outfit could be copied with good effect in mohair or one of the standard materials for bathing suits, the embroidery on the collar may be omitted, and if the sash proves too cumbersome for the real swimmer the loose ends may be attached firmly instead of swinging loose.

## Hot Weather Bad for Women's Nerves

Season When They Most Need Their Strength to Withstand the Heat.

Hot weather has a decidedly weakening effect on most women. They become too languid to exercise, and as a result have appetite only for light, fatty foods, like salads and other cold concoctions, which do not digest readily and increase the natural tendency to constipation.

At this season women should maintain the highest possible standard of health, to counteract the enervating effect of the weather. Good digestion and regularity of the bowels are essential. The combination of simple laxative herbs with psyllin, sold in drug stores under the name of Dr. Caldwell's Syrup Pepsin, is highly recommended as a laxative and digestant by many physicians, as well as by thousands of women who depend upon it as a remedy for many of those ills to which women seem more especially susceptible.

Get a fifty-cent bottle of Dr. Caldwell's Syrup Pepsin from your druggist and have it in the house. Take before



## Fatigue Is an Emotional And Glandular Disorder And Is Easily Prevented

By DR. LEONARD KEENE HIRSHBERG.

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WEARINESS can snore upon the flint, when rusty aloth finds the downy pillow hard. There is the largest kind of real laziness. Time hangs heavily upon the hands of the lazzard, but the fingers of the tired soul of toll are eternally afflicted with the itch to be up and doing, with a heart for any task. Drowsiness often comes from the cessation or temporary stoppage of the fluids from certain glands. Prof. Walter B. Cannon, of Harvard University, discovered a short time ago that those fruits of the human anatomy called the suprarenal or near kidney glands, produce a juice necessary to wakefulness.

As the nocturnal forces of the human fabric wane, as waste and want come on after a hard day's physical and psychological work, a short time ago that those fruits of the human anatomy called the suprarenal or near kidney glands, produce a juice necessary to wakefulness.

Fatigue Three Stages. Exhaustion and fatigue are advance stages of the tedium of ennui and dullness. Inattention is also a preliminary warning that the flow of soul-the suprarenal juice—is not being emptied in sufficient quantities into the blood channels.

When your feet feel tired and you literally "ache all over" or are "tired to the bones," it means that you have depleted all of the supply and reservoirs of suprarenal liquids. Just as naturalists make charms, and others who deal with venomous reptiles irritate them enough to cause them to empty their poison bags before handling them, so excessive expenditures of human energy either by the muscles or the mind consume all of the suprarenal material and leave the tissues languid and droopy.

Experiments prove that all tissues, when active, show signs of fatigue. There are three states of fatigue. A sensation of yawning, of being done-up, of soggy disinclination to arouse yourself is the first. This can generally be overcome by some new or different kind of work, pleasure, or exercise. Music, dancing, song and story or the incentive of reward will lead you to cross this Year of Jaded Syncope.

There follows later a true fatigue, which has been shown by moving the leg of a frog still linked with the long cord of the sciatic nerve. If an electric shock or a series of them are dispatched along this nerve the muscle will soon seemingly tire out, then work at fever heat, and finally come to a dead stop, and no amount of excitement will start it again.

The Super-Fatigue. The powers of a restorative can then be demonstrated. Give the muscle a few drops of a very weak salt water or suprarenal solution—which washes out the waste stuff and also bestows fresh food to the muscle—and lo! the electric shock causes it again to perform work. The third kind of fatigue is that extreme.

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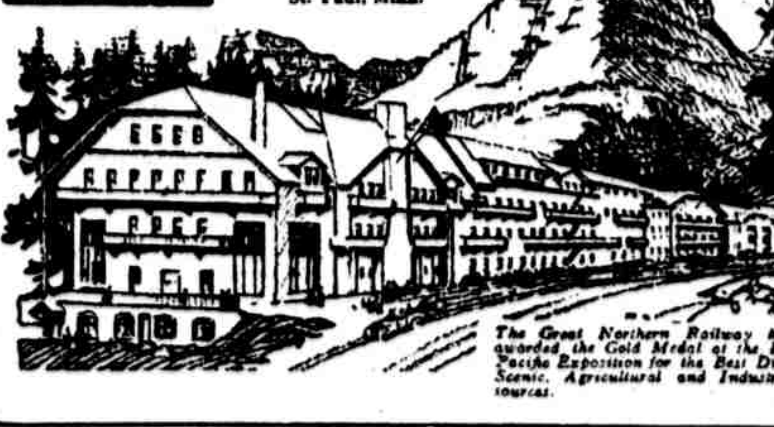
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## Gelatine Wholesome Summer Food

Three Kinds of Dishes For Which It Can Be Used In Appetizing Manner by Careful Housewife.

By MRS. CHRISTINE FREDERICK

Copyright, 1915, by Mrs. Christine Frederick. class of desserts. While many use it for the latter purpose, it should be used considerably as a basis for meat, fish and vegetable dishes of the most refreshing kind. How few tables serve summer as frequently as they should the delightful meat or chicken aspic made of gelatine and small portions of thoroughly cooked meat served in a dish served from attractive molds, garnished with mayonnaise, is far more appetizing than the same meat prepared in almost any other manner.

Again, vegetables of which the palate is weary and which we have eaten many times in cream or butter sauce, can be made attractive and new tasting by being served cold in a bed of gelatine, flavored with lemon or vinegar. The desserts are so numerous that we have, indeed, entire cook books devoted to sweets made of this substance. They can be divided roughly into gelatine desserts of the pure jelly or fruit juice type, or those combined with eggs and cream in one of many ways.

Preliminary Soaking.

Some housekeepers find difficulty in preparing even simple gelatine dishes. The reason for this must be that directions for using gelatine are not explicitly followed. It cannot be used in its granulated con-

dened form. It must first be soaked in cold water, or until it is completely hydrated, as it is called, or until it will take up no more water. Generally gelatine will take up four times its weight of cold water. Two ounces of granulated gelatine should be soaked in eight ounces or one cup of water or other liquid.

After it has received this preliminary soaking it must be melted, preferably over hot water or by being dissolved in a hot liquid, but never in cold water, as this hardens it and renders it entirely useless. This liquid, slightly thick, dissolved material, is the basis for all of the gelatine dishes.

Generally the dishes made of gelatine are spoken of as aspic, when they are combined with meat, fish or vegetable. The foods which are combined with the gelatine should be previously cooked, as meat, fish, vegetables, eggs, etc., and then added to the gelatine when it is beginning to "set," or harden. There is a great knack in adding these substances at just the right time, so that they will not float in the liquid, but will become embedded and thus attractively stay in place. In making complicated dishes, which become set before an additional layer is added.

WHAT shall we have for dinner tonight? Now the young man is even a more serious question in so many of our usual dishes, especially those of meat. There is one summer food which must not be overlooked by the housewife, and that is gelatine. There may linger in the minds of a few housewives the idea that gelatine is suitable only for invalid dishes. Both of these are misconceptions for gelatine should be a stock article in every pantry just as much as rice and cornstarch.

The modern processes of refining gelatine from sterilized bones are so perfect that the present-day granulated product is perfection, sanitary, prepared in sanitary factories and totally different from the old, laborious cheap gelatine which had to be soaked for a long time and which entailed complicated handling. Gelatine is a true food, being allied to the proteins or meat group. It is also full of refreshing phosphates, thus making it peculiarly a wholesome summer food.

Three Kinds of Dishes. Gelatine is the basis for three kinds of dishes. First, those with meat or fish; second, those with vegetables, as salad; and third, the still larger